



MUSIC SPEAKS TO ALL INDIVIDUALS, REGARDLESS OF BACKGROUND, GEOGRAPHIC LOCATION, RELIGION, RACE, OR OCCUPATION.

Just as a physical therapist uses physical movement as a tool to help people meet their individual needs, a music therapist uses music itself as the tool to help meet someone's needs.

In hospice, common music therapy goals include maximizing quality of life, increasing self-expression, decreasing pain perception, decreasing anxiety/agitation, and facilitating life closure for patients and/or family. Our goal as music therapists is to honor each individual. Visits can take place in a group setting, but are more often one-on-one, or in an intimate group consisting of patient, family, and music therapist.

Music therapists train at an AMTA-approved university to obtain a degree in Music Therapy. After schooling, students complete a 6-month internship in the field under the supervision of a board-certified music therapist. With the passing of a board examination, individuals can claim the credential of MT-BC, or "Music Therapist, Board Certified" and practice as a music therapist.

Through music therapy, clients can connect to themselves, their loved ones, and their world in such a way that makes it possible to find purpose in the pain, make sense of the nonsensical, and see beauty in the mundane.

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